

10 Health Gains from a 10% Weight Loss

10. **Lowers the risk of developing gallstones and having gallbladder disease.**
9. **Lowers the risk of sleep apnea,** a serious breathing difficulty during sleep.
8. **Lowers the risk of congestive heart failure.** Excess weight puts stress on the heart and lungs.
7. **Reduces the risks of some types of cancer.** A healthy weight and a healthy diet with plenty of vegetables, fruits, and whole grains are great ways to reduce your risk of developing certain cancers.
6. **Puts less stress on your bones and joints,** especially the knees.
5. **Lowers the risks of heart disease, heart attacks, and stroke.**
4. **Reduces the risk of developing diabetes** and helps control blood sugar levels if you are already diabetic.
3. **Reduces blood pressure.** Even a small weight loss can help to lower high blood pressure.
2. **Improves your ability to move and do activities.** Losing weight makes every step and breath easier.
1. The # 1 reason to lose weight is ...
You will feel better! Set a goal to lose 10% and **'Go For It!'**

